DOCUMENT RESUME

ED 360 578 CG 024 955

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TITLE The Save-Your-Life Glossary of Alcohol, AIDS, Drug, & Tobacco Terms.
REPORT NO ISBN-1-55915-495-0
PUB DATE 93
NOTE 53p.; Separately published "Teacher Guide" appended.
AVAILABLE FROM Curriculum Associates, Inc., 5 Esquire Road, No. Billerica, MA 01862-2589 ($6.95, pupil book; $1.95, teachers guide; $14.90, package of 10).
PUB TYPE Reference Materials - Directories/Catalogs (132)

EDRS PRICE MF01/PC03 Plus Postage.
DESCRIPTORS *Acquired Immune Deficiency Syndrome; Adolescents; *Alcohol Abuse; Alcoholism; Children; *Definitions; Drinking; Drug Abuse; *Drug Use; Elementary Secondary Education; Smoking; Teacher Role; *Tobacco

ABSTRACT

This document presents the Save-Your-Life Glossary, which consists of four parts: (1) the glossary itself, which defines alcohol, Acquired Immune Deficiency Syndrome (AIDS), drug, and tobacco-related terms; (2) the alerts sections, which focus on popular drugs or issues that concern young people; (3) the focus sections, which categorize and describe specific drugs and their effects; and (4) the information section, from which students can obtain telephone numbers and addresses to call or write for further information or help. A total of 171 terms are defined in the glossary. The alerts sections focus on AIDS, alcohol, heroin, "ice" (methamphetamine), inhalants, lysergic acid diethylamide (LSD), nicotine, peer pressure, and steroids. Drug categorized and described in the focus section include cannabis, cocaine, depressants, designer drugs, hallucinogens, inhalants, narcotics, and stimulants. Two pages are provided for notes and a final page, headed "Facts You Cannot Ignore!" lists salient facts on alcohol, AIDS, drugs, and tobacco. (NB)

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THE SAVE-YOUR-LIFE™ GLOSSARY OF ALCOHOL, AIDS, DRUG, & TOBACCO TERMS

by Deborah Adcock
Foreword by Arnold Hill, M.D.

CURRICULUM ASSOCIATES

CG024955

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ISBN 1-55915-495-0
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FOREWORD

Recently I spent some time at one of the large children's hospitals in Boston, where my three-year-old child was undergoing open-heart surgery. This experience quickly brings to focus the many serious illnesses which may overtake us in childhood. Unlike many medical conditions, drug addiction is preventable. Preventative medicine is highly effective when it is directed against a receptive population at a key time. Because children are so full of life and eager to learn, drug education at an early age can provide lifelong benefits. This is particularly true when one realizes that addictions may take many forms, such as abuse of street drugs, prescriptions, alcohol, or smoking.

THE SAVE-YOUR-LIFE™ GLOSSARY addresses the needs of children and parents to acquire the knowledge and vocabulary to help protect themselves against the modern plagues of drugs and HIV diseases. The health of our children is the future of our nation.

Arnold Hill, M.D.
Marlboro, 1992

Dr. Arnold Hill is Chief of Substance Abuse Services at Marlboro Hospital, Marlboro, Massachusetts.

ACETONE: a solvent found in products such as nail-polish remover and plastic cements. A solvent is a substance that dissolves other substances. Acetone and other solvents are sometimes used as inhalants. (See FOCUS ON INHALANTS, page 29; INHALANTS ALERT, page 12; SOLVENT.)

ADDICT: someone who has an uncontrollable craving for drugs. (See ADDICTION.)

ADDICTION: the abuse of any drug that results in a physical need for the drug or a psychological need for the drug. (See DEPENDENCE.) This means that the user has taken enough of the drug for the body and brain to change. The body and brain begin to need the drug to feel normal. An addicted user who can no longer get the drug or who suddenly stops using the drug will experience with-drawal. Withdrawal is the body's reaction to suddenly being free of drugs. (See WITHDRAWAL.)

AIDS: (See AIDS ALERT, which follows.)

AIDS ALERT

AIDS—DON'T DIE OF IGNORANCE

AIDS stands for **A**cquired **I**mmune **D**eficiency **S**yndrome. AIDS is caused by a virus known as the HIV virus, or **H**uman **I**mmunodeficiency **V**irus. The HIV virus is also known as the AIDS virus. The AIDS virus attacks the white blood cells of the body's immune system (See IMMUNE SYSTEM; VIRUS.) When the immune system is weak, the body cannot fight off the diseases and infections that a healthy immune system can.

Once a person becomes infected with the HIV virus, it can take many years for signs of the disease of AIDS to develop. The virus can stay inactive for many years. An infected person may not even know that he or she is infected. Except for a short, flulike sickness that appears shortly after infection, people with the AIDS virus may feel completely healthy. However, during the inactive stage, the AIDS virus is slowly attacking the immune system. It can take 10 years for the immune system to break down and the first signs of the AIDS disease to appear. Once AIDS appears, the chance of surviving more than three years is very small. There is no known cure for AIDS.

Researchers are always learning more about AIDS. This can be confusing. However, there is one fact that researchers are sure about—avoiding dangerous behaviors can prevent infection, because there are only certain ways the AIDS virus can be transmitted.

through sexual contact with an infected person

through blood-to-blood contact with an infected person

through the sharing of needles and syringes with an infected person. HIV can also be transmitted by sharing needles used for tatooing or ear piercing.

from an infected mother to her child before or during birth.

(continues)

AIDS ALERT *(continued)*

In the past, some people were infected with the AIDS virus through a blood transfusion. A blood transfusion is the transfer of blood from a donor to another person. Blood transfusions are sometimes necessary with surgery or certain illnesses. Since 1985 all blood donations are checked for the HIV virus. Today, the risk of becoming infected through a blood transfusion is rare. It is impossible to become infected by *donating* blood. Blood banks use sterile (clean) needles: each needle is thrown away after blood is taken.

AIDS is not like most other diseases. It cannot be transmitted in ways that many people think it can. You can't catch AIDS the same way you might catch a cold or the chicken pox. The AIDS virus does not live long enough outside of the body to be caught in the air, in water, or from objects and surfaces. It cannot be passed on by insects (even mosquitoes) or animals. There is no risk of becoming infected by sharing the same space, classroom, swimming pool, bathroom, clothing, or books with someone who has the AIDS virus. REMEMBER: AIDS IS ON THE INSIDE, NOT THE OUTSIDE.

FATAL FACTS: Anyone who chooses risky behaviors can become infected with AIDS, no matter what his or her age, race, or sex. It's not who you are, but what you do. Teenagers are becoming the fastest-growing HIV-infected group.

AIDS AND DRUGS: People under the influence of drugs, including alcohol, often do things they would not ordinarily do. If you are under the influence of a drug, you may not be able to say "No" to dangerous behaviors that you ordinarily would. You can reduce your risk of becoming infected with the AIDS virus by avoiding drugs.

QUICK QUIZ: Name 5 ways that many people incorrectly think the AIDS virus can be transmitted.

ALCOHOL: a drug found in beer, wine, and other liquors. Alcohol is an intoxicating and addictive substance. Alcohol is also a depressant because it slows down, or depresses, the activities of the brain. (See DEPRESSANT.) Alcohol is also the name given to any beverage that contains alcohol, such as beer, wine, whiskey, etc. (See ALCOHOL ALERT, which follows.)

ALCOHOLIC: a person who is addicted to alcohol. (See ADDICTION; ALCOHOL.)

ALCOHOLISM: the name given to the addiction of alcohol. (See ADDICTION; ALCOHOL.)

AMPHETAMINE: the name given to many drugs known as stimulants. Stimulants speed up the way the body and brain work. (See STIMULANT.) Amphetamines also block feelings of hunger and are often used as diet pills. Amphetamines are habit-forming and dangerous. (See FOCUS ON STIMULANTS, page 31.)

ALCOHOL ALERT

ALCOHOL—THE DANGERS OF DRINKING

Many people do not realize that alcohol is a drug. Others reason that even if alcohol is a drug, it can't possibly be as harmful as other drugs; after all, alcohol is legal for adults. The truth, however, is that alcohol is dangerous. It is also very addictive.

Alcohol has its greatest effect on the part of the brain that controls behavior. People who use alcohol often do things that they ordinarily would not do. The greater the amount of alcohol consumed, the greater the effect on the brain. Alcohol in any amount, however, can be dangerous. Even low amounts can greatly reduce judgment and coordination. Low to moderate amounts of alcohol can increase tendencies toward aggressive or violent behavior. Moderate to high amounts of alcohol can reduce higher brain functions, making it difficult to learn and remember. Very high amounts of alcohol can slow down the respiratory system and cause death. Continued use of alcohol can lead to addiction and dependence. (See ADDICTION; DEPENDENCE.) Long-term use of alcohol can cause permanent damage to the heart, liver, kidneys, stomach, and brain.

Each year, hundreds of thousands of people get sick or die from diseases or accidents due to alcohol. One of the easiest ways to prevent an accident or early death due to alcohol is to follow two simple rules:

1. Never drink and drive.
2. Never accept a ride from someone who has been drinking.

FATAL FACTS: Drinking and driving is the leading cause of death among teenagers. More than ten teenagers die each day in accidents related to drinking and driving. One bad decision can end a life.

QUICK QUIZ: Which serving do you think contains the most amount of alcohol?

A. a 12-ounce can of beer
B. a 5-ounce glass of wine
C. a 1-ounce shot of whiskey

ANABOLIC STEROIDS: the term *anabolic* means "tissue-building." Anabolic steroids are types of drugs used to build a more muscular body. These drugs can be dangerous to the user. Use of anabolic steroids is a major problem among professional and amateur athletes. (See STEROIDS ALERT, page 20.)

ANALGESIC: a type of drug that is used to relieve pain. Some common analgesics are aspirin, acetaminophen, and ibuprofen. These analgesics can be bought "over the counter," or without a doctor's prescription. Stronger analgesic pain relievers, such as narcotics, can be bought only with a doctor's prescription. (See FOCUS ON NARCOTICS, page 30; PRESCRIPTION.)

ANALOG: a term meaning "a copy or an imitation." Drugs that are analogs are imitations of other drugs and are called designer drugs. Designer drugs are several hundred times stronger than the drugs they imitate. (See FOCUS ON DESIGNER DRUGS, page 27.)

ANESTHETIC: a kind of drug that produces a loss of feeling. Anesthetics are used by doctors when performing surgery. Dentists also use anesthetics when performing certain dental procedures.

ANGEL DUST: a slang term for the hallucinogen phencyclidine, better known as PCP. (See FOCUS ON HALLUCINOGENS, page 28; PCP; PHENCYCLIDINE.)

ANTIBODY: a substance produced in the blood to destroy harmful germs. (See IMMUNE SYSTEM.)

ASPIRIN: a drug used to relieve pain. (See ANALGESIC.)

BACTERIA: single-celled organisms that live all around us. They are found in air, water, soil, and even food. Bacteria are so tiny that they can be seen only under a microscope. Though most bacteria are harmless to humans, some bacteria can cause disease. These bacteria can pass infectious diseases, such as strep throat, ear infections, and tetanus, from one person to another. (See IMMUNE SYSTEM.)

BARBITURATE: the name given to many kinds of drugs known as depressants. Because they cause drowsiness, barbiturates are usually prescribed by doctors for people who have sleeping disorders. When a large dose of a barbiturate is taken and not followed by sleep, it produces effects that are similar to the effects of alcohol intoxication. (See INTOXICATION.) This is why barbiturates are sometimes called "solid alcohol."

BEER: an alcoholic beverage made from grains and flavored with hops or other bitters. Most beer contains about four percent pure alcohol.

BELT: a slang term to describe the high feeling that follows the use of a drug; a drink of liquor.

BELTED: a slang term used to describe the feeling of being high or intoxicated on drugs.

BENZENE: a chemical found in gasoline and other oil products. When used as an inhalant, benzene can cause death. Long-term use may cause cancer. (See FOCUS ON INHALANTS, page 29.)

BLOTTER: an absorbent tissue-type paper that has been soaked with a dose of LSD. Blotter paper is often decorated with cartoon characters and other appealing designs. (See LSD ALERT, page 14; LSD.)

BOMBED: a slang term used to describe the feeling of being high or intoxicated on drugs.

BOOZE: a slang term for a beverage that contains alcohol.

BUZZ: a slang term for the high feeling that comes with drug use.

CAFFEINE: a drug found naturally in coffee beans, tea leaves, cocoa beans, and cola nuts. Many products containing caffeine, such as chocolate, coffee, cola, and tea, are made from these plant parts. Caffeine is considered a mild stimulant, but because it is found in many everyday products, most people do not think of caffeine as a drug. (See STIMULANT.) Even though caffeine is legal, it is not completely safe. Too much caffeine can cause headaches, diarrhea, sleeping difficulty, dizziness, and nausea. Caffeine is not as addictive as other drugs, but it can become habit-forming, meaning it can be difficult to stop using once it is used regularly.

CANDY: a slang term for drugs.

CANDYMAN: a slang term referring to someone who sells drugs.

CANNABIS PLANT: a plant whose leaves and flowers can be used to produce such drugs as marijuana and hashish. The cannabis plant is also known as the hemp plant. (See HEMP PLANT.) The cannabis plant contains over 400 chemicals, one of the most powerful and harmful being tetrahydrocannabinol, or THC. (See FOCUS ON CANNABIS DRUGS, page 24; THC.)

COCA: the plant from which the drug cocaine is obtained.

COCAINE: a drug produced from the leaves of the coca plant. Cocaine is a stimulant that produces a strong sense of pleasure that may last from 5 to 40 minutes. (See STIMULANT.) When the effects wear off, users often feel nervous, angry, tired, confused, and irritable. Many users want to take more of the drug to avoid these feelings, called crashing. (See CRASH.) Cocaine users sometimes suffer from hallucinations. One common hallucination is the feeling that insects, called coke bugs, are crawling under the skin. (See HALLUCINATION.) Another form of cocaine is called crack. Crack is made to be smoked. It is widely believed that it is easier to become addicted to cocaine than to any other drug. (See FOCUS ON COCAINE, page 25; CRACK.)

COCAINE FREEBASE: a stronger, purer form of cocaine that is smoked. Freebase is prepared from the usual form of cocaine. Making freebase involves the use of a solvent such as ether. (See ETHER.) Crack is a form of cocaine freebase. (See CRACK; FOCUS ON COCAINE, page 25.)

CODEINE: one of several narcotic drugs made from the juice of the opium poppy. Such narcotic drugs are called opiates. (See OPIATE.) Codeine is often used by doctors to treat pain, control cough, and stop diarrhea. (See FOCUS ON NARCOTICS, page 30.)

COKE: a slang term for cocaine.

CRACK: a form of freebase cocaine that is made to be smoked. Crack is almost pure cocaine. Because it is smoked, the effects of the drug are felt within seconds. One use can kill the user. Crack gets its name from the cracking sound that it makes as it burns. (See FOCUS ON COCAINE, page 25.)

CRACK HOUSE: a place where crack cocaine is made and sold. (See COCAINE.)

CRASH: the unpleasant effects that sometimes follow the high, or pleasant effects, of a drug. The unpleasant effects vary, depending on the drug used. Some effects include anger, nervousness, confusion, fatigue, and irritability. Many drug users take more of the drug or drugs they are using to avoid this feeling.

CRAVING: the uncontrollable urge to seek or use a drug. Craving results from changes in the brain caused by the drug being used.

DEALER: a person who sells drugs; also called a pusher.

DENIAL: the refusal of addicted persons (or those around them) to believe the truth about their addiction. People who are "in denial" believe that they (or persons they care about) can control their use of drugs or alcohol. People in denial believe they can stop using the drugs or alcohol whenever they want. In fact, they believe that the source of their problems is not from the use of drugs, but from other sources such as school, work, or friends. If they didn't have those problems, they wouldn't need the drugs. The truth is that they have no control over their drug use; the drugs have control over them.

DEPENDENCE: a condition that results from the continued abuse of drugs. When a person uses a drug regularly, the body and brain may begin to change. These changes can cause the brain and body to need the drugs to feel normal. There are two kinds of dependence: physical dependence and psychological dependence. Physical dependence occurs when the body becomes used to the drug and reacts when there is withdrawal. Psychological dependence occurs when a user craves the good feelings the drug brings but does not feel a strong physical need for the drug. Most users who experience dependence experience both a physical and a psychological dependence. (See ADDICTION; WITHDRAWAL.)

DEPRESSANT: a kind of drug that slows down, or depresses, the way the body and the brain work. Depressants are the most common of all drug types. Alcohol, barbiturates, and inhalants are some examples of depressants. (See FOCUS ON DEPRESSANTS, page 26.)

DESIGNER DRUGS: the name given to many synthetic drugs that are imitations of illegal drugs. These imitations are called analogs. Designer drugs are very dangerous because they can be several hundred times stronger than the drugs they imitate. (See FOCUS ON DESIGNER DRUGS, page 27.)

DETOXIFICATION: the process of getting drugs out of the body of an addicted person. The process can be very dangerous if not done with the help of professionals who are trained in the areas of drug and alcohol addiction, withdrawal, and recovery.

DIAZEPAM: a tranquilizer and muscle relaxant (See VALIUM.)

DOPE: a slang term for illegal drugs.

DOSE: the exact amount of a drug to be given at a particular time.

DOWNER: a slang term for a depressant drug. (See FOCUS ON DEPRESSANTS, page 26.)

DRINKING PROBLEM: the condition that occurs when alcohol becomes an increasingly important part of a person's life. Drinking problems can easily lead to alcoholism. (See ALCOHOLISM.)

DRUG: any natural or synthetic (laboratory-made) substance that produces changes in the way the body and brain work. Most people use the term to refer only to illegal substances, such as cocaine or marijuana. However, alcohol, nicotine, caffeine, and medicines prescribed by a doctor are all drugs. Though these substances are not illegal, they can be harmful if not used properly.

DRUG ABUSE: the use of a drug for reasons that are not medical. Drug abuse can have a harmful effect on the person misusing the drug.

DRUNK: a slang term used to describe someone who is intoxicated or has consumed too much alcohol. (See ALCOHOL; INTOXICATION.)

ECSTASY: a slang term for the drug MDMA, or methylenedioxymethamphetamine. Ecstasy is a designer drug, because it is an analog, or imitation, of methamphetamine. Ectasy is becoming a popular drug among young people. Ecstasy is a dangerous and powerful drug. One use can cause brain damage and even death. (See DESIGNER DRUGS; FOCUS ON DESIGNER DRUGS, page 27; MDMA.)

ETHER: a drug that was once often used by doctors as a general anesthetic. (See ANESTHETIC.) Ether is used by drug users to make cocaine freebase. Ether is very flammable, which means it can easily catch fire. One of the dangers of preparing freebase is the possibility of fire or explosion. (See COCAINE FREEBASE.)

Inhaling the vapors of ether or drinking a few drops mixed with water or alcohol produces an effect similar to alcohol intoxication. (See INTOXICATION.)

EUPHORIA: a feeling of happiness and joy. Many drugs are taken because they produce this effect. However, once the feeling of euphoria wears off, unpleasant effects often follow.

FIX: a slang term for an injection, or a single dose, of a drug.

FLASHBACK: a hallucination that occurs long after the effects of a hallucinogenic drug have worn off. Flashbacks are often confusing and frightening. Flashbacks can also occur, without warning, long after drug use has stopped.

FREEBASE: (See COCAINE FREEBASE.)

GATEWAY DRUG: a kind of drug that "opens the gate" to the use of other drugs. Alcohol, marijuana, and nicotine are called gateway drugs. Many persons who develop serious drug problems report that these were the drugs they began using before moving on to other drugs.

HABIT: A term meaning "physically addicted to a drug," usually heroin.

HABIT-FORMING: A term that refers to any drug that may cause dependency. A habit-forming drug may be difficult to stop using once it is used regularly. (See DEPENDENCE.)

HALLUCINATION: the sights, sounds, or even smells that do not actually exist but are created by the mind. Many drugs, such as inhalants, cocaine, and hallucinogens, can produce hallucinations that seem very real to the drug user. Hallucinations can be very frightening.

HALLUCINOGEN: a drug that alters the mind in a way that causes hallucinations (seeing things that do not exist) and illusions (seeing and hearing things in unusual, distorted, and sometimes frightening ways). (See FOCUS ON HALLUCINOGENS, page 28; HALLUCINATION; ILLUSIONS.)

HARD DRUGS: drugs, usually narcotics, that are addictive. (See ADDICTON; NARCOTIC.)

HASHISH: a drug, also called hash, that is produced from the cannabis plant. Hashish is about eight times stronger than marijuana, which is also produced from the cannabis plant. (See FOCUS ON CANNABIS DRUGS, page 24.)

HEMP PLANT: another name for the cannabis plant. Hemp is also the fiber from the cannabis plant that is used to make rope. (See CANNABIS PLANT.)

HEPATITIS: an infection of the blood that can be caused by using contaminated hypodermic syringes, or needles. Hepatitis often occurs with intravenous drug users, or those who use needles to inject drugs. Symptoms of hepatitis include headache, fever, chills, weakness, and a yellowing of the skin. If treated, most infected persons can make a recovery, though it is often slow and gradual.

HEROIN: one of several narcotic drugs made from the juice of the opium poppy. Narcotics made from the juice of the opium poppy are called opiates. Heroin is the strongest and most addictive opiate drug. (See OPIATE.) Heroin use leads quickly to tolerance, which means that the users need more and more of the drug to get the same effect, and dependence. That is, users need more of the drug to avoid withdrawal symptoms. Heroin is a psychoactive drug as well as a depressant. (See FOCUS ON NARCOTICS; HEROIN ALERT, which follows; NARCOTIC; PSYCHOACTIVE DRUG.)

HIGH: a slang term used to describe the pleasurable effects that accompany or follow the use of certain drugs.

HOOKED: a slang term meaning "addicted." (See ADDICTION.)

HUFFER: a slang term used to describe one who inhales drugs through the mouth.

HUFFING: a slang term used to describe the act of inhaling drugs, such as inhalants, through the mouth. (See INHALANTS.)

HEROIN ALERT

HEROIN—A FATAL FIX

Recent reports show that heroin is being brought into the United States in record amounts. Experts believe that heroin might become the most-used drug of the 1990s. The heroin being sold on the streets of some cities is very inexpensive and of high purity. Drugs that are high in purity are dangerous because they contain more of the drug than any other chemical. It is easy to overdose on highly pure drugs because a smaller amount than usual is needed to achieve the desired effects. Many times users do not know just how pure a drug is. Another version of heroin is synthetic, meaning it is made in a laboratory. Synthetic heroin, or fentanyl, is considered a designer drug and is also very dangerous. It is up to 100 times more potent than natural heroin. (See FOCUS ON DESIGNER DRUGS, page 27.)

To avoid the risk of becoming infected with AIDS, drugs users have also taken to smoking or sniffing heroin rather than the usual method of injecting it. (See AIDS ALERT, page 2.)

Like other opiate drugs, heroin is extremely addictive. (See FOCUS ON NARCOTICS, page 30.) As users develop a tolerance to the drug, they must continue taking increased and more dangerous doses of the drug to reach the same effect. A user must continue taking heroin to avoid the withdrawal symptoms, which can be painful. Heroin use also causes other problems for an addict. Used on a daily basis, heroin can be expensive. Since an addicted person usually is not physically able to hold a steady job, many must resort to stealing or dealing in the drug to support their daily habit.

FATAL FACT: Overdose is the most common cause of death among heroin users.

QUICK QUIZ: Answer true or false to the following statements:

A. Heroin is the most addictive of all drugs.
B. Heroin is safe when it is not injected.
C. It is difficult for users to become addicted to heroin.

HYPODERMIC SYRINGE: a medical tool used to inject medications through the skin into the body. It is also referred to as a hypodermic needle. Hypodermic syringes are used by drug users to inject certain kinds of drugs. Drug users who share or use dirty needles risk getting infections of the blood such as hepatitis, tetanus, and AIDS. (See AIDS ALERT, page 2; HEPATITIS; TETANUS.)

ICE: (See FOCUS ON STIMULANTS, page 31; ICE ALERT, which follows.)

ILLUSIONS: an unusual, distorted, and sometimes frightening way of seeing the world. Some drugs, such as LSD and PCP, produce these effects.

IMMUNE SYSTEM: the body's natural self-defense system that protects against diseases caused by bacteria and viruses. (See BACTERIA; VIRUS.) This system includes two important kinds of white blood cells, lymphocytes and phagocytes. The lymphocytes produce antibodies that

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ICE ALERT

ICE—IT'S NOT AS COOL AS YOU THINK

Ice is the slang name for one kind of methamphetamine (a stimulant and hallucinogen) that is smoked. Methamphetamines have been around for many years. Users choose ice because it is cheap and, because ice is smoked and not injected, users don't have to worry about AIDS. Ice also blocks feelings of hunger. Some users choose ice, as well as other amphetamines, to lose weight. In the process of losing weight, they may also develop a new problem—addiction.

Users smoke ice because it makes them feel good, though only for a short time. Ice makes the body and mind work faster than they are supposed to work. The heart begins to beat very fast. Users feel as though they have unlimited energy. However, the body and mind are being pushed too much. The muscles and organs become exhausted (even to the point where they can cause the user to stop breathing). The user then begins to feel tired, frightened, and confused. Ice also has an effect on the brain. Some users have hallucinations, some of which can be terrifying. Others hear voices and become suspicious of everyone and everything around them. The user may also feel depressed for many days. The effects may be so uncomfortable that the user takes more of the drug for relief. This cycle can lead to addiction and cause serious damage to the body, even death.

FATAL FACTS: Use of ice is increasing, and some experts fear that it might become more destructive than crack or heroin.

QUICK QUIZ: Is ice a new drug?

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identify and mark invading germs. The phagocytes surround the germs and destroy them. The antibodies produced by the lymphocytes fight a specific disease as well as give the body immunity against that disease. If the body is again attacked by the same bacteria or virus, the lymphocytes quickly produce the antibodies that are needed to give the body protection against the disease.

IMMUNITY: the body's ability to protect against infection and disease. (See IMMUNE SYSTEM.)

INFECTION: a disease caused by organisms such as bacteria or viruses. (See BACTERIA; VIRUS.) Some infections and viruses, such as a cold or the flu, are passed from one person to another in the air by coughing and sneezing. Others, such as AIDS, hepatitis, and tetanus, are passed from one person to another by contact with infected blood or body fluids. (See AIDS ALERT, page 2; HEPATITIS; TETANUS.)

INHALANTS ALERT

INHALANTS—ONE BREATH COULD BE YOUR LAST

Inhaling chemicals can be deadly—the first use may be the last use. Inhalants can suffocate, cause permanent brain damage, and even "glue" the lungs shut. Inhalants can also cause hallucinations, headaches, and nausea. An inhalant high is similar to alcohol intoxication, or being under the influence of alcohol. (See INTOXICATION.) Inhalants are used by sniffing or huffing the chemical fumes of certain substances. (See SNIFFING; HUFFING.) Unfortunately, most users of inhalants are not aware of the harmful effects of inhaling chemical fumes:

BRAIN DAMAGE. This varies depending on the chemical used. A user might suffer from hallucinations, flashbacks, memory lapses, or permanent brain damage.

SUFFOCATION. Many users have died this way. When chemicals are inhaled, the oxygen in the body is replaced with the chemicals. The user may then pass out while inhaling chemical fumes. The user then breathes in the fumes, which lack oxygen, causing suffocation.

HEART FAILURE. Inhalants often cause an increase in heart rate, which users describe as the feeling that their hearts are going to pop out of their chests. With continued use, inhalers can die of heart failure.

AGGRESSION. Some users become more aggressive after inhaling chemicals. This behavior can be dangerous and can lead to accidental injury or death.

Not all inhalants are found in illegal substances. Many household products such as paint thinner, typewriter correction fluid, aerosol products, spray paint, and even a can of aerosol whipped cream give off fumes that can be deadly when inhaled. Some anesthetics, such as ether and nitrous oxide, are also used as inhalants. (See ANESTHETIC; ETHER; NITROUS OXIDE.) It is impossible to list all products that are

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dangerous when used as inhalants because new chemicals are being developed all the time. Even scientists are having trouble keeping track of chemicals that can be inhaled and their effects on the body and brain.

Fatal Facts: Deaths among teenagers due to use of inhalants is rising rapidly.

Quick Quiz: Can some inhalants also produce hallucinations?

Inhalants: substances that give off fumes that are inhaled for their pleasurable effects. (See Inhalants Alert, page 12.)

Injection: a way of introducing a drug into the body using a hypodermic syringe or needle. Drugs may be injected into a muscle or a vein, or beneath the skin.

Intoxication: a condition in which drugs or alcohol have built up in the body. The effects of alcohol intoxication include slurred speech, confusion, and loss of coordination.

Intravenous: a term meaning "directly into a vein."

Intravenous Drugs: drugs that are injected directly into a vein.

IV: an abbbreviation for the term *intravenous.*

Joint: a slang term for a hand-rolled marijuana cigarette.

Junkie: a slang term for a person addicted to heroin.

LAUGHING GAS: a slang term for the anesthetic nitrous oxide, which is sometimes used as an inhalant. Nitrous oxide fumes can cause one to become silly and giggly. (See FOCUS ON INHALANTS, page 29; INHALANTS ALERT, page 12; NITROUS OXIDE.)

LINE: the vein in the arm into which drugs are injected; a short, narrow line of cocaine to be inhaled, or sniffed. (See SNIFFING.)

LSD: the abbreviation for the hallucinogenic drug lysergic acid diethylamide. LSD is a synthetic drug, which means it is made in a laboratory. LSD is one of the strongest and most dangerous psychoactive drugs ever made. (See FOCUS ON HALLUCINOGENS, page 28; LSD ALERT, which follows; PSYCHOACTIVE DRUG.)

MAGIC MUSHROOM: a kind of mushroom that contains the natural hallucinogenic drug psilocybin. Only a very small number of the 6,000 different kinds of mushrooms contain this hallucinogen. (See FOCUS ON HALLUCINOGENS, page 28; PSILOCYBIN.)

LSD ALERT

LSD—A TRIP THAT'S NOT WORTH TAKING

Use of LSD, or acid, is on the rise, especially among young people. One reason is because it is not very expensive. Another reason is that some users think LSD is safer than other drugs because it does not cause a physical dependence. (See DEPENDENCE.) However, users can develop a quick tolerance to the drug, needing more and more of the drug to get the same effect.

LSD produces hallucinogenic effects that last from 8 to 12 hours. Users call these effects a trip. A trip may be pleasant, or it may be frightening. There is no way of knowing what kind of trip a user will have, and no two users will experience the same effect. One may have an enjoyable trip, while another user may have a terrifying one.

MIND-BLOWING FACTS ABOUT LSD

LSD is one of the most potent of all drugs; it can produce serious effects, including mental illness. Some people who use LSD are never quite the same again.

The dose needed to produce a trip is extremely small. The amount of LSD in a tablet the size of an aspirin is enough to produce a trip for about 3,000 people.

Flashbacks from LSD use are not uncommon. They can come without warning and can come many years after the drug was last used. (See FLASHBACK.)

LSD can cause genetic damage, which means that children born to an LSD user may have birth defects.

Many effects on the brain are permanent. Some users suffer memory loss. Others suffer from continual nightmares, panic attacks, or mental illness.

QUICK QUIZ: Answer true or false to the following statements:

A. LSD is safer than other drugs.
B. People who take LSD all experience the same trip.
C. Just one dose of LSD is probably safe.
D. LSD can cause permanent brain damage.

MAINLINE: to inject a drug directly into a vein.

MANDRAX: another name for methaqualone, a depressant drug found in sleeping pills. (See FOCUS ON DEPRESSANTS, page 26; METHAQUALONE.)

MARIJUANA: a drug produced from the leaves and flowers of the cannabis plant. Very strong doses can be hallucinogenic. (See HALLUCINOGEN.) The marijuana produced today is five to twenty times stronger than the marijuana produced just ten years ago. Marijuana does not cause physical dependence; however, the drug does lead to psychological dependence. This means that frequent users find it very hard to stop using the drug once they start. (See DEPENDENCE.) Marijuana contains over 400 different chemicals, the most powerful being THC. (See THC.) Marijuana that contains two percent THC can cause severe psychological damage, including mental illness. Most marijuana contains four to six percent THC. Marijuana is usually smoked, although it is sometimes eaten. Smoking a single marijuana cigarette is as harmful as smoking five tobacco cigarettes. Marijuana also destroys the body's white blood cells, which help the body to fight infections. (See IMMUNE SYSTEM.) Marijuana is the most widely used illegal drug. Many drug users who develop serious addictions to other drugs report that their use of drugs began with marijuana. (See FOCUS ON CANNABIS DRUGS, page 24; GATEWAY DRUG.)

MDMA: The abbreviation for the drug methylenedioxymethamphetamine.

MEDICINE: a drug that is used to treat sickness and disease, lessen pain, or help in healing. Some medicines can be purchased over-the-counter, meaning without a doctor's written order, or prescription. Other stronger medicines can be purchased only with a doctor's prescription. All drugs, even medicines, can be dangerous if not used properly.

MESCALINE: a hallucinogenic drug that is found naturally in the peyote cactus plant. (See FOCUS ON HALLUCINOGENS, page 28.)

METHADONE: a synthetic (laboratory-made) narcotic pain reliever. (See NARCOTIC.) Methadone is used in drug-therapy programs for people who are addicted to heroin. (See ADDICTION; HEROIN ALERT, page 10.) Methadone helps prevent withdrawal symptoms and lessens the craving for heroin. (See WITHDRAWAL.)

METHAQUALONE: a depressant drug that is sometimes prescribed by doctors as a sleeping pill. It is also one of the most commonly abused drugs. (See FOCUS ON DEPRESSANTS.)

MOJO: a slang term for drugs, especially cocaine.

MORPHINE: one of several narcotic drugs made from the juice of the opium poppy. Narcotics made from the juice of the opium poppy are called opiates. (See OPIATE.) Doctors sometimes give morphine to patients who are experiencing great pain.

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Morphine, however, is very addictive. Like all drugs, morphine can be dangerous if not used properly.

NARCOTIC: a powerful drug that numbs the senses and lessens pain. The main narcotics are opiate drugs, such as heroin, opium, morphine, and methadone. However, all drugs that are very addictive are commonly called narcotics. (See FOCUS ON NARCOTICS, page 30.)

NATURAL DRUG: a drug that comes from or is made from a natural source, such as a plant, an animal, or a mineral. Some examples include caffeine, cocaine, marijuana, mescaline, nicotine, opiates, and psylocybin.

NEEDLE: a hypodermic syringe or needle. (See HYPODERMIC SYRINGE.)

NICOTINE: a natural drug found in the leaves of the tobacco plant. Nicotine is found in all tobacco products, including cigarettes, cigars, pipe tobacco, chewing tobacco, and a powdery form of tobacco called snuff. Nicotine is one of the most addictive of all drugs. (See NICOTINE ALERT, which follows.)

NICOTINE ALERT

NICOTINE—DON'T GO UP IN SMOKE

Nicotine is the addictive drug found naturally in tobacco products. Like most addictive drugs, nicotine can affect mood, feelings, and behavior. It can also interfere with alertness and concentration. Nicotine is a powerful poison—a tiny drop is enough to kill a person. Nicotine has also been used as an insecticide.

Cigarettes are the most common tobacco product. Cigarette smoke contains over 4,000 harmful chemicals. As a cigarette burns, these chemicals are released in the form of poisonous gases. These gases are not only harmful to the smoker, but also to others who might breathe them in. (See SECONDHAND SMOKING.) When smokers inhale, these gases are brought into the lungs. These gases can cause serious damage to the lungs and heart. One of these gases is carbon monoxide. Carbon monoxide gets into the blood and lowers the amount of oxygen to the heart and all other parts of the body. Cigarette smoke also produces a thick, gummy substance known as tar. Tar is a leading cause of lung diseases and many forms of cancer. Other tobacco products, such as chewing tobacco, are also dangerous. They have been known to cause diseases and cancers of the mouth, throat, and stomach.

FATAL FACTS: Disease that results from smoking tobacco products is the leading cause of early death. The younger a person begins smoking, the greater the chance of developing lung cancer in later life.

QUICK QUIZ: Which of the following is an effect of nicotine?

A. mood changes
B. difficulty concentrating
C. lowering of oxygen in the blood
D. all of the above

NITROUS OXIDE: an anesthetic once commonly used for dental surgery. (See ANESTHETIC.) Nitrous oxide is also known as laughing gas, because inhaling its fumes can cause one to become silly and giggly. These effects last for about five minutes. Inhaling nitrous oxide has been known to cause hallucinations. Frequent use can cause nausea, vomiting, loss of consciousness, and damage to certain nerves. (See FOCUS ON INHALANTS, page 29.)

OD: an abbreviation for the term *overdose.* (See OVERDOSE.)

OFF: a slang term meaning "intoxicated by a drug."

ON: a slang term meaning "using drugs" or "under the influence of a drug."

OPIATE: any narcotic drug produced from the juice of the opium poppy. (See FOCUS ON NARCOTICS, page 30; NARCOTIC.)

OPIUM: one of several narcotic drugs made from the juice of the opium poppy. Such narcotic drugs are called opiates. Opium is not as powerful as other opiate drugs. (See FOCUS ON NARCOTICS, page 30.)

OTC: an abbreviation of the term *over the counter.* A drug that is referred to as "over the counter," or OTC, is a drug that can be purchased without a doctor's prescription. (See OVER-THE-COUNTER DRUG.)

OVERDOSE: the taking of a quantity of a drug that is more than what is normally safe to take. An overdose usually slows down the activities of the brain, sometimes leading to coma or death.

OVER-THE-COUNTER DRUG: a drug that can be purchased without a doctor's prescription. Some examples of over-the-counter drugs include aspirin and acetaminophen, as well as some cold and allergy medicines.

PANIC REACTION: a bad reaction to a drug. The most common symptoms of a panic reaction include fear, anxiety, and the feeling that everything is out of control. Any drug can bring on a panic reaction. Panic reactions can also be experienced, without warning, long after drug use has stopped.

PAPER: a folded piece of paper that contains narcotics; a piece of absorbent paper soaked with LSD, also called a blotter. (See BLOTTER.)

PAPERS: the thin cigarette papers used to roll marijuana cigarettes.

PARANOIA: the state of showing an unusual amount of fear and suspicion. Many drugs cause paranoia.

PASSIVE SMOKING: the breathing in of other people's cigarette smoke. (See NICOTINE ALERT, page 16; SECONDHAND SMOKING.)

PCP: the abbreviation for phencyclidine, a synthetic (laboratory-made) depressant drug that is a powerful hallucinogen. PCP was first developed as an anesthetic for animals. PCP is also known as angel dust and has a most dangerous effect on the mind. Users may become nervous,

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confused, paranoid, and violent. PCP users develop a quick tolerance to the drug. They also become dependent on PCP to feel normal and must take more of the drug to avoid the effects of withdrawal. (See DEPENDENCE; FOCUS ON HALLUCINOGENS, page 28; TOLERANCE; WITHDRAWAL.)

PEER PRESSURE: the feeling that you must do something to be accepted by a friend or group of friends. (See PEER-PRESSURE ALERT, which follows.)

PEYOTE: the cactus plant that contains the hallucinogenic drug mescaline. (See FOCUS ON HALLUCINOGENS, page 28; HALLUCINOGEN; MESCALINE.)

PHENCYCLIDINE: a synthetic (laboratory-made) depressant drug that is a powerful hallucinogen. Phencyclidine is also known as PCP. (See FOCUS ON HALLUCINOGENS, page 28; PCP.)

POPPERS: small bottles, or vials, of amyl nitrite, a drug that is commonly inhaled. (See FOCUS ON INHALANTS, page 29.)

PEER-PRESSURE ALERT

THE POWER OF PEER PRESSURE

Have you ever said yes to friends when you wanted to say no? Have you ever gone along with the crowd because you wanted to fit in? These are examples of peer pressure. Peer pressure can make people afraid to make their own decisions. The desire to be accepted by friends is sometimes stronger than the desire to make the right choice. Drug users often report that peer pressure caused them to start using drugs. It takes a lot of courage to say no to friends. Saying no can be easier if you prepare yourself ahead of time.

THERE'S MORE THAN ONE WAY TO SAY NO

GIVE A REASON. If you are involved in sports, you might say "I need to stay in shape. Drugs will interfere with my game."

GIVE AN ALTERNATIVE. Suggest another activity, such as going to a movie or playing a video game. Show that it is the drugs or alcohol being turned down, not the friend.

GIVE A FIRM NO. Say no and mean it. Don't argue or apologize for your answer. Sometimes saying no gains a person more respect than saying yes.

GIVE A WAVE GOOD-BYE. Leave and get yourself out of the situation. Go home, find some other friends, or talk to someone you trust. It might be time to think of finding a new peer group.

Remember: Self-worth is not measured by how much you are valued by others, but by how much you value yourself.

PRESCRIPTION: a doctor's written order for a drug.

PRESCRIPTION DRUG: a drug that can be purchased and used only with a doctor's written order, or prescription.

PROOF: a measure of the percent of alcohol in liquor. The proof number is twice the percentage of alcohol. For example, a whiskey that is 80 proof is 40 percent alcohol.

PSILOCYBIN: a hallucinogenic drug found naturally in a number of mushroom plants. (See FOCUS ON HALLUCINOGENS, page 28; HALLUCINOGEN; MAGIC MUSHROOM.)

PSYCHOACTIVE DRUG: any drug that interferes with the regular activity of the brain. Psychoactive drugs can change feelings, thoughts, and behavior. Psychoactive drugs include depressants, cannabis, hallucinogens, opiates, stimulants, and some medicines.

PUSHER: a person who sells illegal drugs; also called a dealer.

QUAALUDE: another name for methaqualone, a depressant drug found in sleeping pills. (See METHAQUALONE.)

ROACH: the butt end of a marijuana cigarette.

"ROID" RAGE: the violent behavior that is sometimes caused by the use of anabolic steroids. (See ANABOLIC STEROIDS.)

RUNNERS: people involved in drug dealing. Runners bring drugs to the United States from other countries.

RUSH: the initial feeling of happiness or joy that immediately follows the use of some drugs. It is different from a high, which is the pleasurable feeling that continues over a period of time. (See EUPHORIA.)

SCORE: a slang term meaning "to buy a drug."

SECONDHAND SMOKING: the breathing in of other people's cigarette smoke; also called passive smoking. Breathing in secondhand smoke can cause diseases of the lungs and heart and can also lead to cancer. People who frequently breathe in secondhand smoke tend to be sick more often than those who do not. People who live with smokers have a 30 percent greater chance of getting lung cancer than those who don't live with smokers. Research shows that children of parents who smoke have up to five days' more hospital or medical care each year than children of nonsmoking parents.

SEDATIVE: one of several kinds of drugs known as depressants. Doctors sometimes prescribe sedatives for patients who need help relaxing. (See DEPRESSANT.)

SHOOT UP: a slang term meaning "to inject a narcotic into the body."

SIDE EFFECT: a drug's effects that are different from the desired effects. For example, an aspirin might be taken to treat a headache, but the aspirin might also cause an upset stomach.

SHOT: a drink of liquor.

SKIN POPPING: injecting a drug under the skin, or subcutaneously. Drugs injected this way act slower than those injected directly into a vein.

SMUGGLE: to bring drugs into a country illegally. A person who brings drugs into a country illegally is called a smuggler.

SNAPPERS: small bottles, or vials, of amyl nitrate, a drug that is commonly inhaled. (See FOCUS ON INHALANTS, page 29.)

SNIFFING: inhaling a substance such as cocaine, or inhaling the fumes of a substance such as paint thinner.

SNORTING: inhaling a substance.

SOBER: a term meaning "free of drugs or alcohol."

SOFT DRUGS: all drugs except narcotics. Some soft drugs can be addictive.

SOLVENT: a substance that dissolves other substances and evaporates easily. Some common solvents are glue, gasoline, nail polish,

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STEROIDS ALERT

STEROIDS—THEY'LL TEAR DOWN THE BODY THEY BUILD UP

Anabolic steroids are a form of the body's natural male hormone testosterone. Like testosterone, anabolic steroids build up muscle tissue. Many people, especially athletes, use steroids as a shortcut to a more muscular body. It can take a long time to build a muscular body. Steroids are seen as the quick and easy answer to bodybuilding.

Steroids, even in small doses, interfere with the body's natural balance of hormones. They produce other physical changes that are not as desirable as a muscular body, such as:

- thick growths of hair on arms and legs
- baldness
- severe outbreaks of pimples
- a slowdown in growth, preventing users from achieving their full height
- damage to the heart, lungs, and liver

Steroids also affect the user's mental health. Users can become moody, depressed, and easily upset. Users may experience "roid rages," sudden and violent displays of temper.

OTHER STEROID TERMS

BLANKS: The name given to the 30–50 percent of black-market steroids that turn out to be fake.

CUT OR CHISELED: Clear and well-defined muscles, one of the goals steroid users hope to achieve.

DARTS, PINS, OR POINTS: The hypodermic needles used to shoot steroids deep into the muscles.

DESIGNER STEROIDS: Steroids manufactured in illegal laboratories.

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JOY RIDER: One who uses steroids to achieve a muscular look rather than for athletic purposes.

RIPPED: A word that refers to the size of a bodybuilder's muscles.

ROIDED OUT: Physically and mentally worn out from excessive steroid use.

SHOTGUNNING: consuming any and every available steroid.

The three most common steroids are: Dianabol ("D"-Ball), Anavar, and Winstrol-V.

THAT'S A FACT: When users stop using steroids, they also lose all the muscle that they've gained. The only safe and long-lasting way to build muscle is through weight training.

QUICK QUIZ: Which of the following statements do you think is true?

A. One form of anabolic steroids is used to build the muscles of show horses.

B. If a coach or teammate offers steroids to an athlete, the drugs must be safe.

C. It's okay to use steroids if they are combined with weight training.

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nail-polish remover, and paint thinner. Solvents are sometimes used as inhalants. (See FOCUS ON INHALANTS, page 29.)

SPEEDBALL: a mixture of crack and heroin that is smoked; a mixture of heroin and cocaine or an amphetamine that is injected. (See AMPHETAMINE; CRACK; HEROIN.)

STEROIDS: drugs used to build a more muscular body; also called anabolic steroids. (See ANABOLIC STEROIDS; STEROIDS ALERT, page 20.)

STIMULANT: a drug that stimulates, or speeds up, the way the brain works. Cocaine is one kind of stimulant. (See FOCUS ON STIMULANTS, page 31.)

STONED: a slang term meaning "intoxicated with drugs"; similar in meaning to the word *high*. (See HIGH; INTOXICATION.)

STRAIGHT: a slang term to describe someone who does not use drugs or someone who is free of drugs.

SUBCUTANEOUS: a term meaning "just beneath the skin." Some drugs are injected subcutaneously as opposed to into a muscle or a vein.

SYNTHETHIC DRUG: a kind of drug that is manufactured in a laboratory. Drugs are either natural—those found in plants, animals, or minerals—or synthetic.

TETANUS: an infection of the blood that can be caused by using contaminated hypodermic syringes, or needles. Tetanus can occur with intravenous drug users, or those who use needles to inject drugs. Symptoms of tetanus include muscle stiffness and spasm, high fever, convulsions, and extreme pain. Tetanus can be fatal if not treated. Immunizations against tetanus are temporary.

THC: the abbreviation for the chemical tetrahydrocannabinol. THC is the main psychoactive ingredient in drugs made from the cannabis plant, such as marijuana and hashish. (See FOCUS ON CANNABIS DRUGS, page 24; PSYCHOACTIVE DRUG.) Once in the body, THC stays in the system for about one month.

TOBACCO: the dried leaves of the plant *Nicotiana tabacum*, or the tobacco plant. The main active ingredient in tobacco is nicotine. (See NICOTINE ALERT, page 16.)

TOKE: a slang term meaning "a puff of a marijuana cigarette."

TOLERANCE: the point at which the brain and body need more of a drug to produce the same effect as the original dose. Continued drug use causes the brain to get used to the drug. The drug no longer affects the brain as much as it once did, so the user may take larger and more dangerous doses of the drug to produce the desired effect. The larger the dosage of the drug, the greater risk of an overdose. (See OVERDOSE.)

TRACKS: the needle marks caused by the injection of drugs.

TRANQUILIZER: a depressant drug. (See DEPRESSANT.) Doctors sometimes prescribe tranquilizers for patients to relieve anxiety or tension, or to relax the muscles.

TRIP: a slang term for the experience that results from taking a hallucinogenic drug. (See LSD ALERT, page 14.)

TURN ON: a slang term meaning "to introduce someone to drugs"; to become intoxicated from drug use. (See INTOXICATION.)

USING: a slang term for taking drugs, especially narcotics.

VALIUM: the trade name for the drug diazepam. Valium is a tranquilizer and muscle relaxant. Valium is also the most prescribed drug in the United States. (See TRANQUILIZER.)

VIRUS: tiny microorganisms that may cause disease if they infect the body. Viruses can cause disease such as colds, chicken pox, and AIDS. (See AIDS ALERT, page 2.)

WASTED: a slang term meaning "passed out from drug intoxication."

WINDOWPANE: a thin square of gelatin, plastic, or cellophane that is used to hold a dose of the hallucinogen LSD. (See LSD ALERT, page 14.)

WINE: an alcoholic beverage made from grapes or other fruits. (See ALCOHOL.)

WITHDRAWAL: the reactions that follow a sudden stop in the use of a drug that a person has become dependent on. The symptoms of drug withdrawal can be serious and dangerous. They vary from person to person, depending on the drug involved and how long the drug had been used. Many drug users need to keep taking the drug to avoid these symptoms, which can be painful and frightening. Withdrawal symptoms can include cramps, restlessness, anxiety, headaches, convulsions, seizures, tremors, and in some cases, even death. It is critical that addicted persons seek professional treatment.

Focus on Cannabis Drugs

Drug	Names	Appearance	Use
Hashish	Black Russian, Hash, Quarter moon	Black or brown cakes or balls	Eaten or smoked
Hashish oil	Hash Oil	Thick liquid that ranges in color from clear to black	Mixed with tobacco and smoked
Marijuana	Dope, Ganja, Grass, Mary Jane, Pot, Reefer, Sinsemilla, Weed	Similar to dried parsley leaves	Eaten or smoked
Tetrahydrocannabinal	THC	Soft capsules	Taken by mouth

Effects of Cannabis Drugs on the Body and Brain

Cannabis drugs can cause increased heart rate, dry mouth and throat, blood-shot eyes, increased appetite, interference with short-term memory, change in sense of time and perception, and decrease in coordination and concentration.

People who smoke cannabis drugs inhale the unfiltered smoke deeply and hold it in their lungs as long as possible. This damages the lungs and pulmonary system. Long-term use can cause physiological dependence, and may require more of the drug to get the same effect.

Focus on Cocaine

Drug	Names	Appearance	Use
Cocaine	Big C, C, Coke, Flake, Heaven, Lady snow, Nose candy, Snow, Snowbirds, White	White crystal-like powder	Inhaled or injected
Crack cocaine (a form of cocaine freebase. See Cocaine Freebase.)	Crack, Rock, Freebase	Light-colored crystals, chunks, or shavings; usually sold in small clear bottles, tinfoil, or papers	Smoked

Effects of Cocaine on the Body and Brain

Cocaine can cause dilated pupils; elevated blood pressure; increased heart rate, breathing rate, and body temperature; sleeping difficulty; depression; loss of appetite; hallucinations; paranoia; seizure; and death caused by heart or lung failure. Occasionally inhaling cocaine can cause a stuffy or runny nose. More frequent use can irritate the mucous membranes of the nose.

Freebasing cocaine is very dangerous. The process of freebasing makes the drug very pure. The drug is then smoked and reaches the brain within seconds, causing a sudden and intense high. The feeling of euphoria disappears quickly, however, leaving the user with the craving to freebase again. Another danger of freebasing involves the use of solvents to prepare the drug. These solvents can easily catch fire. Injury or death may result.

Injecting any form of cocaine with contaminated needles can cause infections of the blood, such as hepatitis, tetanus, and AIDS.

Focus on Depressants

Drug	Names	Appearance	Use
Barbiturates	Amies, Amytal, Barbs, Bluebirds, Blue devils, Candy, Downers, Goofballs, Idiot pills, Nebbies, Nembutal, Nemmies, Pinks, Purple hearts, Rainbows, Red devils, Reds, Seconal, Sleepers, Tuinal, Yellow jackets	Red, yellow, blue, or red and blue capsules	Taken by mouth
Methaqualone	Biphetamine, Ludes, Mandrax, Optimal, Parest, Somnifac, Sopor, Sopers, Quaaludes	Tablets	Taken by mouth
Minor Tranquilizers	Ativan, Cloropin, Dalmane, Librium, Serax, T, Tranxene, Valium	Tablets or capsules	Taken by mouth (often taken with other drugs)

Effects of Depressants on the Body and Brain

Depressants cause sleepiness. Drug users fight this feeling to feel the effects that are similar to alcohol intoxication, such as slurred speech, confusion, and loss of coordination. Small doses cause calmness and muscle relaxation. Larger doses can cause slurred speech and loss of coordination, and can interfere with judgment. Regular use can result in addiction, as well as depression, confusion, tremors, and uncontrolled rages. Using alcohol with depressants increases the effects and risks.

Tolerance to methaqualone can develop quickly, leading to dependence and addiction. The amount of the drug needed to overdose is very small, and overdose is common among users. Combining methaqualone with alcohol can be deadly.

Injecting depressants with contaminated needles can cause infections of the blood, such as hepatitis, tetanus, and AIDS.

Also see ALCOHOL. This drug is also a depressant.

Focus on Designer Drugs

Drug	Names	Appearance	Use
Imitation of Fentanyl (synthetic heroin, a narcotic)	China white, Liberty powder	White powder	Inhaled or injected
Imitation of Meperidine (narcotic)	MPPP (New heroin), MPTP, Synthetic heroin	White powder	Inhaled or injected
Imitation of Amphetamines or Methamphetamines (stimulants and hallucinogens)	DOB, DOM, EVE, 5-DMA, MDM, MDMA (Adam, Ecstasy, Essence, XTC), PMA, STP, TMA, 2, Z	Capsules, tablets, white powder	Taken by mouth, inhaled, or injected
Imitation of Phencyclidine (PCP)	PCP, PCE	White powder	Taken by mouth, inhaled, or injected

Effects of Designer Drugs on the Body and Brain

Designer drugs are made in illegal laboratories, usually with no concern for quality or cleanliness. These drugs are 100 times more potent than the drugs they imitate. Designer drugs have been known to cause permanent brain damage with only one dose.

Imitations of narcotics can cause impaired speech, tremors, drooling, and paralysis.

Imitations of amphetamines and methamphetamines can cause blurred vision, chills and sweats, nausea, and faintness. Other effects include anxiety, paranoia, and depression.

Imitations of phencyclidine can cause hallucinations and illusions.

Injecting designer drugs with contaminated needles can cause infections of the blood, such as hepatitis, tetanus, and AIDS.

Focus on Hallucinogens

Drug	Names	Appearance	Use
Lysergic acid diethylamide	Acid, Big D, Blue acid, Dots, Heavenly blue, L, LSD, Microdot, Sugar cubes, White lightning	Blotter paper (sometimes with cartoonlike designs), capsules, colored tablets, colorless liquid (sometimes put on sugar cubes), tablet	Taken by mouth, licked off paper, or sometimes put in the eyes (to reach the brain faster)
Mescaline (Peyote)	Beans, Buttons, Cactus, Mesc, Moons, Plants	Capsules, hard brown discs, tablets	Tablets and capsules taken by mouth, discs eaten or smoked
Psilocybin	Magic mushrooms	Fresh or dried mushrooms	Eaten
Phencyclidine	Angel dust, DOA dust, Elephant, Hog, Killer weed, Loveboat, Lovely, PCP	Liquid, tablet, white crystal-like powder	Taken by mouth, injected, inhaled, or combined with tobacco or marijuana and smoked

Effects of Hallucinogens on the Body and Brain

Lysergic acid, mescaline, and psilocybin cause hallucinations and illusions, some of which can be terrifying. Physical effects may include tremors, loss of appetite, sleeping difficulty, dilated pupils, increased heart rate, and elevated blood pressure. Users may also experience panic, confusion, anxiety, and loss of control. Flashbacks can occur long after drug use has stopped.

Phencyclidine blocks messages of pain to the brain, which may result in self-inflicted injuries. Frequent users often display paranoia and violent behavior and experience hallucinations. Large doses may produce convulsions, coma, and death caused by heart or lung failure. Mental illness can occur after just one dose.

Injecting hallucinogens with contaminated needles can cause infections of the blood, such as hepatitis, tetanus, and AIDS.

Focus on Inhalants

Drug	Names	Appearance	Use
Amyl nitrite	Amys, Poppers, Snappers	Clear yellowish liquid in small bottles	Vapors inhaled
Butyl nitrite	Bolt, Bullet, Climax, Locker room, Rush	In small bottles	Vapors inhaled
Chlorohydrocarbons	Aerosol products, cleaning fluid	Aerosol sprays such as spray paint, cleaning fluids	Vapors inhaled
Hydrocarbons	Benzene, other solvents	Can of aerosol propellants, gasoline, glue, paint thinner	Vapors inhaled
Nitrous oxide	Laughing gas, Whippets	Can of aerosol whipped cream, small metal cylinder	Vapors inhaled

Effects of Inhalants on the Body and Brain

Inhaling chemicals is habit-forming and can produce tolerance, which means that the user needs to inhale more chemicals to get the same effect. Tolerance can lead to overdose, which is common among users of inhalants.

Nausea, nosebleed, fatigue, sneezing, coughing, lack of coordination, and loss of appetite are some effects. Amyl nitrite and butyl nitrite cause rapid pulse, headaches, and uncontrolled passing of urine and feces. Solvents and aerosol sprays decrease the heart and respiratory rates and also impair judgment.

Deeply inhaling the vapors or inhaling a large amount over a short period of time can cause disorientation, violent behavior, unconsciousness, or even death.

Long-term use can cause weight loss, fatigue, and permanent brain damage.

Focus on Narcotics

Drug	Names	Appearance	Use
Opiates: Heroin	Big H, Black tar, Brown sugar, Horse, Junk, Mud, Smack	Light to dark-brown powder or tarlike substance	Injected, smoked, or inhaled
Codeine	Tylenol with codeine, Empirin compound with codeine, Cough medicine with codeine	Capsules, tablets, dark liquid	Taken by mouth or injected
Morphine	Pectoral syrup	White crystals, injectable solutions	Taken by mouth, injected, or smoked
Opium	Paregoric, Parapectolin, Dover's powder	Dark brown chunks, powder	Taken by mouth, injected, or smoked
Synthethic Narcotics	Darvon, Demerol, Dilaudid, Fentanyl, Lomotil, Meperidine, Percocet, Percodan, Talwin	Capsule, injectable solutions, tablets	Taken by mouth or injected

Effects of Narcotics on the Body and Brain

At first, narcotics produce a feeling of euphoria. This feeling is often followed by sleepiness, nausea, and vomiting. Overdose may result in slow and shallow breathing, convulsions, coma, and death.

Narcotics are extremely addictive. Tolerance develops quickly, and the user needs to have higher and higher doses to achieve the desired effect. This could lead to overdose. Persons addicted to narcotics must continue using the drugs to avoid withdrawal, which can be painful. Combining narcotics with other drugs, such as alcohol, is especially dangerous.

Injecting narcotics with contaminated needles can cause infections of the blood, such as hepatitis, tetanus, and AIDS.

Focus on Stimulants

Drug	Names	Appearance	Use
Amphetamines	Benzedrine, Biphetamine, Black beauties, Black mollies, Bumblebees, Copilots, Desoxyn, Dexedrine, Dexies, Footballs, Hearts, Leapers, Pep pill, Speed, Uppers, Ups	Capsules, pills, or tablets	Taken by mouth or injected
Methamphetamines (the most potent amphetamines)	Crank, Crystal, Crystal meth, Crystal methedrine, Desoxyn, Glass, Go, Ice, Speed, Zip	Pills, rocks that look like wax, white powder	Taken by mouth, inhaled, injected, or smoked

Effects of Stimulants on the Body and Brain

Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, decrease in appetite, sweating, headaches, dizziness, blurred vision, anxiety, insomnia, and moodiness.

Long-term use of high doses can cause mental disorders, including hallucinations, illlusions, and paranoia. These symptoms usually disappear when drug use stops.

Injecting stimulants with contaminated needles can cause infections of the blood, such as hepatitis, tetanus, and AIDS.

Also see Cocaine. This drug is also a stimulant.

Resource Guide

You may call or write to the agencies listed on pages 33-35 for more information about alcohol, AIDS, drugs, and tobacco. Telephone numbers that begin with 1-800 are toll-free; that means no charge will appear on your phone bill. Phone numbers that do not begin with 1-800 are not toll-free, so a charge will appear on your phone bill. Check with an adult in your home before you place those calls.

Don't forget one of the best resources of all—your local library. Many libraries keep up-to-date files that contain many of the pamphlets and books published by the agencies listed on pages 33–35.

AIDS Information

Staff members of the agencies listed below can provide callers with specific AIDS information as well as refer callers to local and other national hotlines for more information. Staff members at these agencies will also provide written materials upon request.

You can also call your state or local public health department or a local chapter of the Red Cross for AIDS information.

AIDS Action Council
729 Eighth Street, SE
Suite 200
Washington, DC 20003
(202) 547-3101

American Red Cross AIDS Education Office
1730 D Street, NE
Washington, DC 20006

Centers for Disease Control
Hotline: 1-800-342-AIDS
Spanish Hotline: 1-800-344-SIDA
P.O. Box 5528
Atlanta, GA 30307

National AIDS Information Clearinghouse
Box 6003
Rockville, MD 20850

U.S. Public Health Service
Public Affairs Office
Hubert H. Humphrey Building
Room 725-H
200 Independence Avenue, SW
Washington, DC 20201
(202) 245-6867

The United States Public Health Service
two 24-hour hot lines:
1-800-342-AIDS (recorded message) and 1-800-342-7514

Alcohol, Drug, and Tobacco Information

For information on where to find treatment for alcohol and other drug dependencies, refer to the yellow pages of your telephone directory under the heading Alcoholism Information or Drug Abuse and Addiction Information. Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) may also be listed.

American Cancer Society
Call your local chapter or
1-800-ACS-2345

American Council for Drug Education
204 Monroe Street, Suite 110
Rockville, MD 20850

Centers for Disease Control
Office on Smoking and Health
Parklawn Building, Room 116
5600 Fishers Lane
Rockville, MD 20857
(301) 443-5287

Cocaine Helpline
1-800-COCAINE

Drugs & Crime Date Center & Clearinghouse
1600 Research Boulevard
Rockville, MD 20850
1-800-666-3332

Mothers Against Drunk Driving (MADD)
Central Office
511 E. Carpenter Freeway, Suite 700
Irving, TX 75062

National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
1-800-729-6686

(continues)

(continued)

National Council on Alcoholism
12 W. 21st Street
New York, NY 10010
1-800-622-2255

National Health Information Center
1010 Wayne Avenue, Suite 300
Silver Spring, MD 20910
1-800-336-4797

National Institute on Drug Abuse
Information and referral line:
1-800-622-HELP

Notes

Notes

THE SAVE-YOUR-LIFE™ GLOSSARY

Facts You Cannot Ignore!

ALCOHOL

- Alcohol is a drug.
- Alcohol is one of the drugs most habitual drug users report having first used.
- Driving under the influence of alcohol is the leading cause of death among teenagers.
- Alcohol is extremely addictive.

AIDS-HIV VIRUSES

- There is no known cure for AIDS.
- Teenagers are becoming the fastest-growing HIV-infected group.
- It can take years for signs of the AIDS disease to appear.
- Once AIDS appears, the chance of surviving more than three years is small.

DRUGS

- Many drugs are more powerful today than they were 10 years ago.
- Many drugs can cause permanent brain damage.
- Many students buy and use drugs at school.
- The number of students who use drugs by the time they reach sixth grade has tripled since 1975.

TOBACCO

- Cigarette smoke contains over 4,000 harmful chemicals.
- A tiny drop of nicotine is enough to kill a person.
- The younger a person begins smoking, the greater chance of developing lung cancer in later life.
- Chewing tobacco can cause diseases and cancers of the mouth, throat, and stomach.

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TEACHER GUIDE

THE SAVE-YOUR-LIFE™ GLOSSARY OF ALCOHOL, AIDS, DRUG, & TOBACCO TERMS

by Deborah Adcock

CURRICULUM ASSOCIATES

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Message to the Teacher

You may be asking "Where does *The Save-Your-Life™ Glossary* fit into the curriculum?" The answer really depends on how concerned you are about the future of young people. The statistics and research are alarming. Teens are becoming the fastest growing HIV-infected age group; drug use among teens is dramatically increasing; each year younger and younger children are experimenting with drugs; many students who live in cities can't walk to their school bus stop without the presence of drugs being offered or sold. No matter how hard you may strive to bring academic success to the children in your classroom, the epidemics of drugs and AIDS threaten to nullify your work and your students' academic success. Therefore, what better place to address these issues than throughout the curriculum. Young people are the forgotten element in the war on drugs and AIDS. They have no voice. It is up to adults to speak out for the future of all children. So, where does this program fit into your curriculum? The obvious choice is a health program, but the health class is not the only place. There are health issues in a science class, social issues in a social studies program, research projects as part of a language arts curriculum, historical implications as part of a history class, and fitness issues as part of our physical education and sports programs. Yes, you are being asked to devote additional classroom time to the issues that are discussed in this teacher guide. If you believe the academic future of young people is increasingly threatened by the dangers of drug addiction and AIDS, you can make a difference. Providing the classroom time needed to discuss life-threatening issues can preserve your students' future as well as the work you do as their teacher.

Regarding Class Discussion

Students will share in classroom discussions if they feel they are in a nurturing, supportive, and understanding environment. Early in the year, establish that students should listen to one another carefully and that they should not criticize or laugh at any student's contribution. By your example, students will maintain this standard throughout the year.

How to Use *The Save-Your-Life™ Glossary*

The Save-Your-Life™ Glossary consists of four parts: the glossary, which defines alcohol, AIDS, drug, and tobacco-related terms; the alert sections, which focus on popular drugs or issues that concern young people; the focus sections, which categorize and describe specific drugs and their effects; and the information section, from which students can obtain numbers and addresses to call or write for further information or help.

Getting Started in the Program

Peer-Pressure Discussion

It is not unusual for a fifth or sixth grader to be pressured into using alcohol, cigarettes, or marijuana. These are the gateway drugs that are discussed in the glossary. Ask students the following questions about peer pressure. Invite them to share their thoughts and feelings about each question.

1. Have any of you ever been pressured by someone your own age to do something you didn't want to do?
2. Did you give in to the pressure?
3. Were you happy with your decision?
4. What alternatives might you have followed?

5. What do you think is the most difficult part of peer pressure?
6. Today, would you do the same thing if you were pressured?

Have the students review the PEER-PRESSURE ALERT on page 18. Invite volunteers to describe some examples of peer pressure that they have witnessed or experienced. Then organize the students to work in small groups to discuss some of these experiences. Have students work out a dramatization that involves a peer-pressure situation and shows how it is resolved. Encourage students to act out their dramatization for the class. Talk about some of the ways students decided to resolve the peer-pressure situations dramatized in their skits.

COOPERATIVE-RESEARCH STUDIES

1. Prepare a list of glossary terms, alerts, and focuses that are cited for each cooperative-research study that follows. Have students read the glossary information alone.
2. Next, arrange for the students to come together in groups of three or four members to share and write down ideas about the research topic.
3. Assign one student in each group to be the writer for a short, ten-minute report that features the group's ideas. Students are free to create their own format for the report as well as to decide what information they want to include.
4. Select one student in each group to present the report to the class.
5. After the group reports are read, present an exam of true or false questions for students to take individually. This exam can be part of each cooperative-research study. Ask the students to number a piece of paper from 1 to 10. Ask the questions orally. Discuss all responses when the exam is concluded.

COOPERATIVE-RESEARCH STUDY FOR AIDS

Have students review the AIDS ALERT on page 2 along with the following AIDS-related glossary terms: *immune system, virus.* Continue with items 2–5 of Cooperative-Research Studies.

AIDS EXAM

Each statement is to be answered true or false.

1. The AIDS virus is also called the HIV virus.
2. The AIDS virus can be passed from one person to another by coughing, sneezing, or shaking hands.
3. Some insects can transmit the AIDS virus.
4. There is no known cure for AIDS.
5. The AIDS virus can remain inactive in the body for many years.
6. Drug users are becoming the fastest-growing HIV-infected group.
7. AIDS attacks the body's immune system.
8. You can get AIDS from donating blood.
9. Researchers know all there is to know about AIDS.
10. There is only one way to get AIDS.

COOPERATIVE-RESEARCH STUDY FOR ALCOHOL

Have students review the ALCOHOL ALERT on page 4 along with the following alcohol-related glossary terms: *addiction, alcohol, dependence, tolerance, withdrawal.* Continue with items 2–5 of Cooperative-Research Studies.

ALCOHOL EXAM

Each statement is to be answered true or false.

1. Because alcohol is legal for adults, it's not that dangerous.
2. Alcohol is a drug.
3. Alcohol is not very addictive.
4. Long-term use of alcohol can cause permanent brain damage.
5. Drinking and driving is the leading cause of death among adults.

6. Beer and wine are safer than whiskey.
7. Alcohol has its greatest effect on the part of the brain that controls behavior.
8. Alcohol is a depressant, meaning that it slows down the activities of the brain.
9. People who use alcohol regularly may develop a dependence on alcohol.
10. Alcohol can make people aggressive or violent.

Cooperative-Research Study for Drugs

Study One: Gateway Drugs

Have students review the glossary term *gateway drug*, along with the following gateway-drug-related glossary information: Alcohol Alert on page 4, *marijuana*, Nicotine Alert on page 16. Continue with items 2–5 of Cooperative-Research Studies.

Gateway Drugs Exam

Each sentence is to be answered true or false.

1. Alcohol, marijuana, and narcotics are gateway drugs.
2. Gateway drugs are usually the first drugs that users experiment with.
3. Gateway drugs are considered safe.
4. Marijuana destroys the body's white blood cells.
5. Marijuana cigarettes are safer than tobacco cigarettes.
6. Disease that results from smoking tobacco products is the leading cause of early death.
7. People who consume too much alcohol often do things that they would not ordinarily do.
8. Nicotine is not addictive.
9. The most powerful chemical in marijuana is THC.
10. High amounts of alcohol can cause death.

Study Two: Inhalants

Have students review Inhalants Alert on page 12, along with the following inhalants-related glossary terms: *anesthetic, ether, hallucination, huffing, nitrous oxide, sniffing.* Continue with items 2–5 of Cooperative-Research Studies.

Inhalants Exam

Each statement is to be answered true or false.

1. Inhalants are the fumes from chemicals.
2. Inhalants are found only in illegal substances.
3. Inhaling can be habit-forming.
4. Users of inhalants can suffer permanent brain damage.
5. People who inhale chemicals are called sniffers or huffers.
6. People who inhale chemicals inhale only through the nose.
7. Some inhalants can cause death by "gluing" the lungs shut.
8. Inhaling even once can cause death.
9. Inhalants are not as dangerous as other drugs.
10. Overdose with inhalants is uncommon.

Study Three: Topic of Choice

Have students do a research study on a topic of choice, such as narcotics, depressants, or stimulants, or a specific drug such as ice, LSD, or heroin. Students can also compare and contrast drugs such as depressants and stimulants, or narcotics and over-the-counter pain relievers. Each student in the research group can write a quiz to give to each member of the group.

Cooperative-Research Study for Tobacco

Have students review Nicotine Alert on page 16, along with the following tobacco-related glossary terms: *secondhand smoking, tobacco.* Continue with items 2–5 of Cooperative-Research Studies.

TOBACCO EXAM

Each statement is to be answered true or false.

1. Nicotine is a poison.
2. Tobacco products are known to cause cancers of the mouth, throat, and stomach.
3. Secondhand smoke is not dangerous.
4. People who breathe in secondhand smoke are sick more often than people who do not.
5. Cigarette smoke contains only one harmful chemical.
6. Secondhand smoking is the same as passive smoking.
7. Chewing tobacco is considered safe.
8. Tar is the addictive substance in cigarettes.
9. The younger a person begins smoking, the greater the chance of developing lung cancer in later life.
10. Nicotine is considered a gateway drug.

ADDITIONAL ACTIVITIES

NEWSPAPER ARTICLES

Have students bring in newspaper articles about drugs or AIDS. Stress the importance of education through information. Often a great deal of information is found in the daily newspaper. Students may find articles associated with drug- or alcohol-related accidents, deaths, or crimes. Discuss with students the consequences described in the articles, such as the loss of one's future due to death or punishment, and how innocent people can be affected by another person's use of drugs.

AIDS-related articles may deal with new information researchers have discovered, new statistics regarding the number of people infected, testing, funding, and so on. Encourage students to read as much as they can about AIDS.

Have students write their own newspaper articles about a topic of their choice related to alcohol, AIDS, drugs, or tobacco. Encourage students to submit their articles to local newspapers or to the school newspaper for publication.

DRUGS AND CRIME

Have students research the connection between drug use and crime. Explain that drug use and crime are closely linked. Users who can't afford the drugs they are addicted to will often steal to get the money they need to buy the drugs. (They may also engage in sex in exchange for payment or drugs, at the risk of acquiring AIDS or other sexually transmitted diseases.) Some dealers offer young people drugs for free, but only initially. What the dealer is doing is trying to get the young people hooked. However, the young people do not realize this; they may think the dealer is someone who understands their need to escape their problems, someone who cares about them, and someone they can trust. Soon the drugs will no longer be free, and the young people not only become dependent on the drug, but also become dealers.

PUBLIC-SERVICE ANNOUNCEMENTS

Discuss some of the public-service announcements that students have seen on television or have heard on the radio about AIDS or drugs. Invite students to share examples with the class. Ask students why they think government agencies and private agencies produce PSAs, and if students think the PSAs make a difference. Ask if there are some PSAs they would like to see or hear aired. Have students create their own 60-second PSA about a topic of their choice related to alcohol, AIDS, drugs, or tobacco. Encourage students to share their PSAs with the class.

POSTERS

Have students create posters to go along with their cooperative-research studies, newspaper articles, or public-service announcements.

Bulletin Boards

Provide the use of a bulletin board for students to share the information they gather about alcohol, AIDS, drugs, or tobacco. They may want to include some articles they have found in the newspaper, articles they have written themselves, public-service announcements they have written, or posters they have made. If possible, use a bulletin board in an area where the entire school can see and read it. This will help students extend a sense of awareness throughout the school.

Dramatizations

Have students work out dramatizations similar to the type described in the Peer-Pressure Discussion. Some examples of dramatizations might include what students would do if they discovered that a friend had AIDS or was using drugs.

Advertisements

Have students analyze magazine and television advertisements. Tell students to look for examples of advertisements that promote dangerous behaviors or the use of alcohol. Discuss how advertisers often promote their products by glamorizing alcohol, tobacco, and casual sex. Have students analyze these advertisements to see if these things actually have anything to do with the product being advertised. Ask students why they think advertisers use alcohol, drugs, and casual sex to promote their products. Explain that the bottom line is often sales and profit, not the well-being of those who are exposed to the advertisements.

Lyrics and Videos

Have students analyze lyrics and music videos. Songs and music videos often glamorize the use of alcohol, drugs, and casual sex. They also glamorize other social issues such as brutalization of women, hostility towards certain groups or races, and so on. Have students analyze lyrics and music videos to see what kind of message is being promoted. Ask students if they think these messages promote positive influences. Explain that the shock value of some of these messages is often used to increase sales and profit, with little regard to those who might be hurt by the messages.

Questions to Think About for Small-Group and Class Discussions

- Why do you think tobacco products can be advertised in magazines but not on television?
- Why do you think alcohol can be advertised both on television and in magazines?
- Why do you think people try drugs?
- How do you think drug use can best be prevented?
- Ask students to discuss their feelings about AIDS. Tell them that research shows that by the time they graduate high school, they will probably know at least one person who has become infected with the AIDS virus. Ask how they would feel if they learned that their best friend had AIDS. How would they treat that person?
- What are some of the ways that drug use leads to AIDS?
- Do you think it's true that a young person's future relies on the ability to resist the pressures to use drugs and alcohol?
- What is the difference between having the HIV virus and having AIDS?
- What impact do you think drug abuse has on society?
- What are the consequences of driving under the influence of alcohol or other drugs? What are the consequences of getting into a car with a driver who has been using alcohol or other drugs?

- How do you think you would feel if you were driving under the influence of alcohol and you were involved in an accident that caused your passengers to be killed or injured?
- What do you feel are the consequences, if any, of being exposed to the negative messages found in some songs, music videos, or advertisements? Do you think these messages have any effect on the attitudes of those who are exposed to them on a regular basis?

Research on People Whose Lives Have Been Affected by AIDS or Drug Use

- Ryan White. Ryan was diagnosed with the AIDS virus in 1984 at age 13. Ryan contracted the disease through a blood transfusion while being treated for the blood disorder hemophilia. (Since 1985, all blood donations have been screened for the AIDS virus. Today, it is still possible, though rare, to contract AIDS through a blood transfusion.) Ryan died in April 1990. Students could also research the community reaction to the news that Ryan had AIDS. Some of what the White family experienced included death threats and a suspicious fire that destroyed their home.
- Magic Johnson. Los Angeles Lakers basketball star Magic Johnson was diagnosed with the AIDS virus in 1991. Johnson contracted the disease through casual, unprotected sex.
- Arthur Ashe. Tennis great Arthur Ashe was diagnosed with the AIDS virus in 1988 and went public with the news in 1992. Doctors believe that Ashe contracted the disease through a blood transfusion in 1983 while undergoing surgery.
- Len Bias. This Maryland basketball star's dream came true when he was drafted to the Boston Celtics in 1976. Two days later, he died of a fatal overdose of cocaine.
- Lyle Alzado. The former professional football player admitted to being a heavy user of steroids throughout his college and professional football career. He acknowledged that the steroids had a dramatic aggressive effect on his behavior. Alzado died in 1992 from an inoperable brain tumor that he believed was a result of his use of steroids.

There are also countless actors and actresses, athletes, and other public figures of all ages to research who have admitted their years of drug abuse and treatment. There will probably also be other well-known people coming forward to disclose their contraction of the AIDS virus.

Suggested Readings for Teachers

Note to the teacher: Before assigning any books to your students, it is recommended that you review the books first to assure that the material presented is age-appropriate. Some books contain graphic subject matter.

Readings for AIDS

Blake, Jeanne. Risky Times: *How to Be AIDS-smart & Stay Healthy: A Guide for Teenagers.* New York: Workman Publishing Co., Inc., 1990.

Hein, Karen. *AIDS: Trading Fears for Facts: A Guide for Young People.* Yonkers, New York: Consumer Reports Books, 1991.

Hyde, Margaret Oldroyd. *Know About AIDS.* New York: Walker & Co., 1990.

Nourse, Alan Edward. *Teen Guide to AIDS Prevention.* New York: Franklin Watts, Inc., 1990.

Quackenbush, Marcia. *Teaching AIDS: A Resource Guide on Acquired Immune Deficiency Syndrome.* Santa Cruz, CA: Network Publications, 1986.

Silverstein, Alvin. *AIDS: Deadly Threat.* Hillside, NJ: Enslow Publishers, 1991.

Readings for Alcohol, Drugs, and Tobacco

Amerikaner, Susan. *How to Say No: It's OK to Say No to Drugs.* New York: Simon & Schuster, 1986.

Arterburn, Stephen. *Growing Up Addicted: Why Our Children Abuse Alcohol and Drugs and What We Can Do About It.* New York: Ballantine Books, 1989.

Condon, Judith. *The Pressure to Take Drugs.* New York: Franklin Watts, Inc., 1990.

Edwards, Gabrielle I. *Drugs on Your Streets.* New York: Rosen Publishing Group, 1991.

Gold, Mark S. *The Facts About Drugs and Alcohol.* Toronto: Bantam Books, 1988.

Goldman, Bob. *Death in the Locker Room: Steroids, Cocaine, & Sports.* Tucson, AZ: Body Press, 1987.

Hawley, Richard A. *A School Answers Back: Responding to Student Drug Use.* Rockville, MD: American Council for Drug Education, 1984.

Knox, Jean McBee. *Drinking, Driving, & Drugs.* New York: Chelsea House, 1988.

Perry, Robert Louis. *Focus on Nicotine and Caffeine.* Frederick, MD: Twenty-First Century Books and Publications, 1990.

Shulman, Jeffrey. *Drugs and Crime.* Frederick, MD: Twenty-First Century Books and Publications, 1991.

Tobias, Joyce M. *Kids & Drugs: A Handbook for Parents and Professionals.* Annandale, VA: Panda Press, 1986.

Summary

The information provided in *The Save-Your-Life™ Glossary* is as up-to-date as possible. However, some information will change as more research is done. For example, researchers are learning more about AIDS every day; newer, more powerful versions of old drugs (such as ice and ecstasy) are constantly being introduced into the drug market, and the effects of ice, ecstasy, inhalants, and other drugs on the body and brain are not fully known. Even researchers admit the lack of conclusive information. As one researcher recently reported, our young people are being exposed to a "mass experiment in drug use." Therefore, express the need for students to keep themselves informed through newspapers, magazines, and news reports about the changes being reported about AIDS and drugs. It is also important for students to realize that although *The Save-Your-Life™ Glossary* attempts to provide as many street names for each drug as possible, in certain areas of the country, some drugs are given names that are specific only to that region. Therefore, it would be impossible to list every street name for every drug.

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Answer Key

Alerts

AIDS Alert (page 2): Answers may vary but could include shaking hands, insects, being in the same room with an AIDS-infected person, going to school with an AIDS-infected person, and donating blood.

Alcohol Alert (page 4): All servings contain the same amount of alcohol, about 1.5 ounces.

Heroin Alert (page 10): A. true B. false C. false

Ice Alert (page 11): No. Ice is a form of methamphetamine, which has been around since the turn of the century.

Inhalants Alert (page 12): Yes.

LSD Alert (page 14): A. false B. false C. false D. true

Nicotine Alert (page 16): D

Steroids Alert (page 20): A

Exams

AIDS

1. true	6. false
2. false	7. true
3. false	8. false
4. true	9. false
5. true	10. false

Alcohol

1. false	6. false
2. true	7. true
3. false	8. true
4. true	9. true
5. false	10. true

Gateway Drugs

1. false	6. true
2. true	7. true
3. false	8. false
4. true	9. true
5. false	10. true

Inhalants

1. true	6. false
2. false	7. true
3. true	8. true
4. true	9. false
5. true	10. false

Tobacco

1. true	6. true
2. true	7. false
3. false	8. false
4. true	9. true
5. false	10. true

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